

SLOW COOKER PULLED PORK



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Shoulder/Butt Picnic Pork Roast	1.8lb	Pepper	1 Tsp.
Tomato Paste	1 Tbsp.	Onion Powder	1 Tbsp.
Ground Cumin	1 Tsp.	Garlic Powder	1 Tbsp.
Paprika (Smoked paprika will give a true BBQ flavor)	1 Tsp.	Coconut Aminos or Soy Sauce	1 Tbsp.
Salt	1 Tsp.	Apple Cider Vinegar	¼ Cup



PREPARATION

- 👉 In a small bowl, mix together the tomato paste, ground cumin, paprika, salt, pepper, onion powder, garlic powder, coconut aminos or soy sauce, and apple cider vinegar to create a spice rub.
- 👉 Rub the spice mixture evenly over the pork roast, ensuring all sides are coated.
- 👉 Place the seasoned pork roast in a slow cooker.
- 👉 Cover the slow cooker and cook on low heat for 8-10 hours or on high heat for 4-6 hours, until the pork is tender and easily pulls apart with a fork.
- 👉 Once the pork is cooked, remove it from the slow cooker and place it on a cutting board. Let it rest for a few minutes.
- 👉 Using two forks, shred the pork into smaller pieces.
- 👉 Return the shredded pork to the slow cooker and mix it with the juices and flavors from the bottom of the pot.
- 👉 Cover the slow cooker again and let the shredded pork sit in the juices for an additional 15-30 minutes to absorb the flavors.
- 👉 Serve and Enjoy!